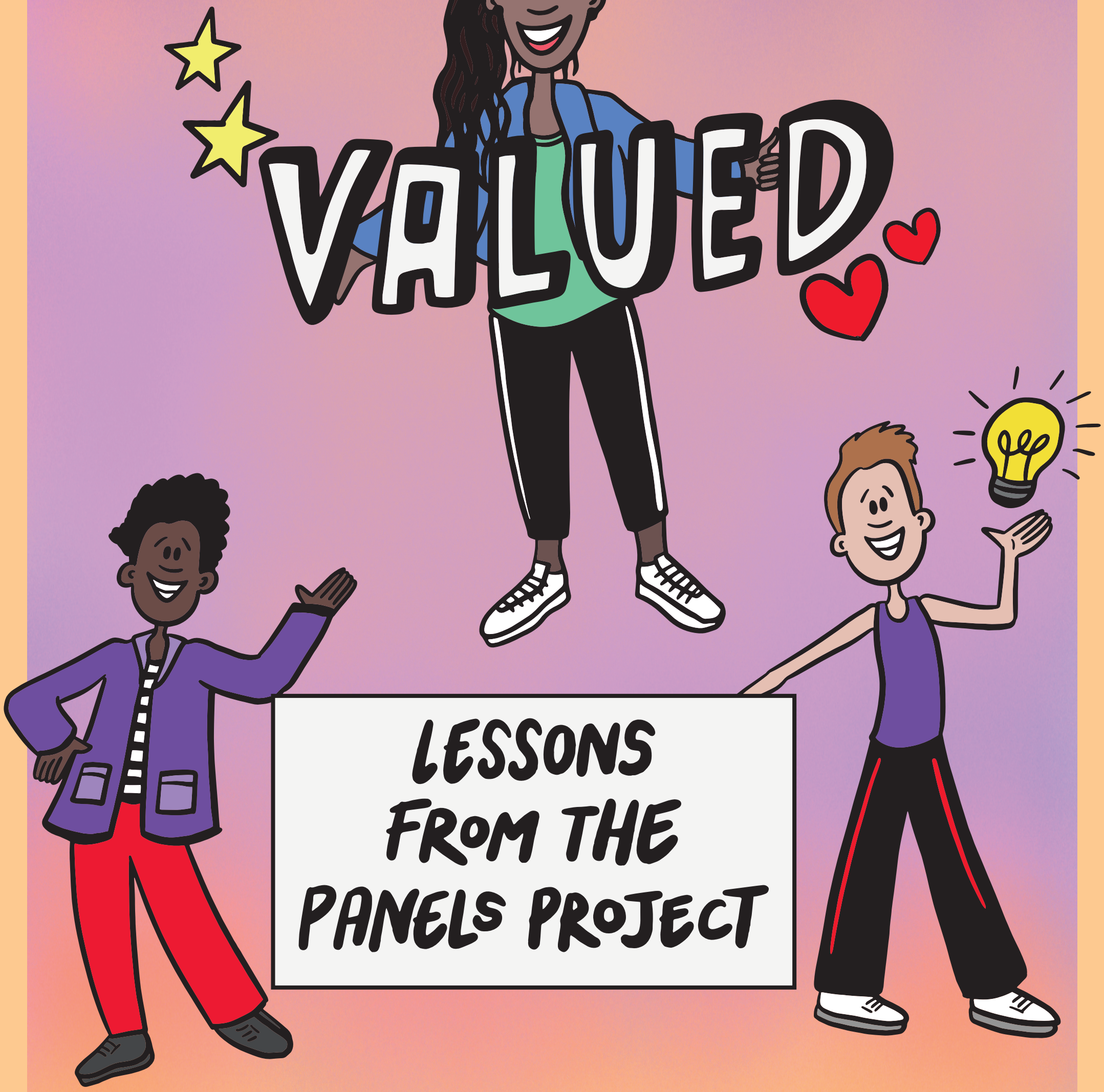
IN EVERY ROOM I ENTER I FEEL VALUED



NHS North East London
Community Action Redbridge
FUNDED BY NIHR | National Institute for Health and Care Research
University of Hertfordshire UH
School of Health, Medicine and Life Sciences

PANELS STANDS FOR PARTICIPATION OF UNDER-SERVED YOUNG PEOPLE IN NORTH EAST LONDON HEALTH & WELLBEING SERVICES



It was a project where young people, university researchers, a community organisation and professionals worked together, including on this zine/poster.

We know that involving young people in deciding how, where and when health and care services are delivered means that those services are more likely to mean that they and other young people get the support they need.

So we wanted to find out more about the best ways to improve the health and wellbeing of young people aged 15-25, especially those who are disadvantaged.

WHAT WE DID



Spoke to around 60 people who work with young people in the area.



Spoke to 70 young people in and around the London Borough of Redbridge.

Check out our film about the project:



And how we made it:



Brought people together online and in person meetings and events.



Evaluated what we learnt.

WHAT WE LEARNT

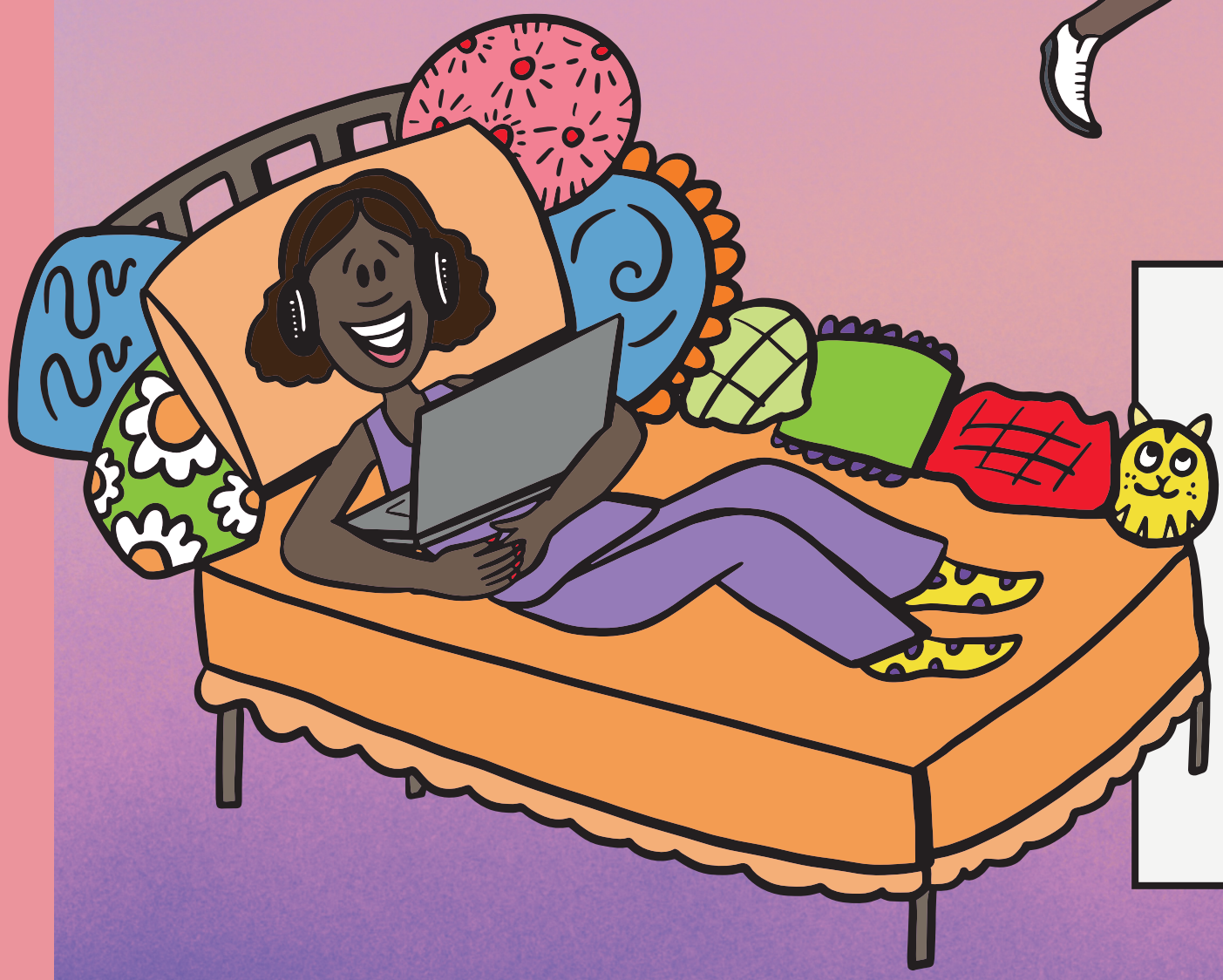
WHAT HELPS YOUNG PEOPLE PARTICIPATE



Valuing different experiences and views.

Everyone involved, and their organisations, were committed not just to listening to young people but acting on what they said.





Being inclusive and flexible so young people could be involved in ways that worked for them.



Having young people-only spaces as well as spaces where young people and adults could work together.



Involving young people and services from the local area.

"Young people and adults obviously have different views on different stuff, so it's good to get them together so that they can understand each other's views."
(Young Advisor)

You can read more about our findings in our longer report

WHAT DIDN'T HELP



There was lots of change, within and around the project.



It took time to get people to understand what the project was about, and to build trust.



Things like lack of money, internet access or support make it difficult for some young people to be involved.



While most people agree participation is important, it can be difficult for organisations to find time to get involved in projects like this.

How did the project make a difference



Improvements to local services and planning.



Stronger relationships and better communication between services.



Young Advisors gained confidence, skills and influence.

Greater commitment to inclusive participation.

"I feel like I have been listened to, sometimes we go into rooms and we are the youngest people there, but instead of letting that hold us back we just take it on board and we just go ahead and share our views and represent young people".

(Young Advisor)

WHATS NEXT



Now we're planning a bigger project to try out what we've learned in other areas, as well as working with local services and young people to put what we've learnt into practice!



WATCH THIS SPACE!


PIZZA
DENTIST
YOUTH CENTRE
WEL COME



COLOURING PAGE

Content created by Beci Ward working with the University of Hertfordshire project team and Community Action Redbridge young advisors.



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With thanks to everyone involved in the project, particularly young advisors Nishit, Geena, Nyrah, Amber, Areez, Deen, Rajdeep, Scott and Zayd.

For further information on the project, including a longer summary and publications.



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